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THE FRONTLINE



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COMMUNITY & LEISURE

MARCH 10, 2011

Diamond celebrates Read Across America



Spc. Michael Adams

Spc. Michael Adams
3rd ID Public Affairs

Diamond Elementary School celebrated Read Across America, a week-long event dedicated to promoting childhood reading. The celebration is held around March 2, the birthday of children's author Dr. Seuss.

"The Read Across America program allows children throughout America to engage in reading," said Dr. Grace Ford, reading instruction specialist with Diamond Elementary School. "This offers an opportunity for children throughout our nation to read different books, according to their interest."

Ford also had some advice for parents in encouraging children to read.

"Read across America is a time to learn that you're never too old, never too wacky, you're never too wild to pick up a book and read to your child," she added. "This is a time when a child can explore through the joy and love of reading. They can take a vacation through a book."

Bobbie Leggins, a librarian with the Hays Library at Fort Stewart, reads "My Many Colored Days," a book by children's author Dr. Seuss, March 2. Leggins read the book in honor of Dr. Seuss' birthday, March 2. She read a series of his books and helped children afterward make a Dr. Seuss hat, similar to the one she was wearing.

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"Cat in the Hat" acknowledged at Hays Library



Bob Mathews, Family and MWR Marketing Publicity Specialist

Estella Mae Hopkins, left, and Tina Dennis, library technicians at the George P. Hays Library on Fort Stewart, brought smiles as they greeted patrons, March 2, the birthday of Dr. Seuss, otherwise known as Theodor Seuss Geisel.

In celebration of the day, the "Cat in the Hat" visited the library and read to the children. Library staff donned the colorful hats, adding to the festive atmosphere in which children were encouraged to develop a love for reading. It's was all part of Read Across America month.



Kaytrina Curtis

Cresilda Paulino enjoys breakfast with husband Master Sgt. Manuel Paulino, 3/69 Armor, along with daughter Natalie, on day two of the Strong Bonds Marriage Retreat at the Sawgrass Marriott Resort and Spa, Feb. 26.

Strong bonds build better marriages

Kaytrina Curtis
Fort Stewart Public Affairs

Retreat is not a word often used when describing servicemembers, yet that is what some of the Soldiers of the 1st Heavy Brigade Combat Team, 3rd Infantry Division accomplished.

On Feb. 25, Soldiers and Family Members of 3rd Battalion, 69th Armor Regiment and 3rd Brigade Support Battalion, gathered at Fort Stewart's Main Post Chapel for the first part of the three-day Strong Bonds Marriage Retreat, sponsored by the Army Chaplains Corps.

Once the participants signed-in and dropped their children off at the on-site childcare location, the day of activities began. After enjoying light

breakfast fare, 10 couples were encouraged to volunteer for an icebreaker session. Nervous husbands and wives gradually walked to the front of the room for what turned out to be the kissing game. Wives heavily applied the supplied lipstick given to them by Chap. (Capt.) Robert Olson, 3rd BSB, and were instructed to then cover their husband's face in kisses, which brought much laughter and helped to loosen up those in attendance.

Second Lieutenant Chinenye Ferguson, 3rd BSB, who has been married to her husband Reginald for six years, said the icebreaker was one facet of the retreat she enjoyed the most.

See BONDS _____ Page 3B

Perimeter Road CDC schedules grand opening ceremony

Bob Mathews
Family and MWR Marketing Publicity Specialist

A ribbon-cutting ceremony to celebrate the official opening of the Child Development Center at 2597 South Perimeter Road, Hunter Army Airfield, will be held beginning at 9:30 a.m., Tuesday.

The full-service facility in building 8807 will provide 144 additional child care spaces for Family Members ages 0-5 years of the Hunter Community.

It has 14,153 square feet and was built at a cost of \$4.3 million.

Soldiers, Family Members and members of the local community are invited to celebrate the opening, tour the facility and enjoy light refreshments.

The South Perimeter Road CDC is the first of two coming into service for Hunter Families. A grand opening ceremony recently was held for a new CDC on Austin Road at Stewart. That center also added 144 child care spaces.

Opening dates are to be scheduled for new CDC facilities on Davis Avenue on Stewart and Leonard-Neal Street on Hunter.

For registration and enrollment information, call Parent Central Services at 912-315-5425 for Hunter or 912-767-2312 for Fort Stewart.

A spokesperson for Child, Youth and School Services said the opening of the facilities is part of the Army's pledge to keep the promises made to Soldiers and Families through the Army Family Covenant.

'DEVIL' OFFERS LOTS OF TWISTS AND TURNS



Sasha McBrayer
The Frontline Contributor

I'd like to open by congratulating "The King's Speech" on winning four Oscars last weekend. I'll also say cheers to best actress Natalie Portman and best supporting actor Christian Bale. I told you he'd win.

Next up, I'll review a film that's sorely misunderstood.

M. Night Shyamalan. It's just one name, people. So why does it inspire such angst?

"The Sixth Sense" hit us in 1999 and I thought it was brilliant. The director from Philadelphia was, to me, Alfred Hitchcock reborn. With "Unbreakable," "Signs"

and "The Village," I found delicious little throwbacks to the black and white "Twilight Zone" episodes I miss so very much.

Beginning with "The Village," however, critical reception for Shyamalan's films has done nothing but drop, plummeting to an all-time low for 2010's "The Last Airbender."

Woe is me. How does someone bounce back from that?

Well, if you're Shyamalan and you've got what you believe to be some wicked awesome ideas kicking around in your skull, you give someone else the reins for their execution. The result? A film called "Devil."

"Devil" is directed by John Erick Dowdle, a horror filmmaker, with a script by Brian Nelson, who also wrote "Hard Candy." The idea for the film was Shyamalan's, and he's got plans for two more to complete what he's calling The Night Chronicles Trilogy.

That's music to my ears, but nobody wants to watch "Devil."

So, I'm here to change your mind. Now available on DVD, "Devil" has a simple premise. But, things are slightly more complex than that. The devil has come to the executive building on this day for what's known as the devil's meeting. He's invited to the location when someone kills himself. He's free to torment everyone inside the building. Bad things happen.

But, are the people inside really powerless? Here's a small spoiler for you. Each of them is guilty of something. That's why he's come for them. Perhaps if you do the right thing, you'll be saved. The twist here isn't just in who the devil is, but it's also in the hidden links between a few of the characters and the film's ultimate message of hope.

I'm a fan.



PRESENTS TODAY THROUGH SATURDAY

The Rite

Today — 7 p.m.

(Anthony Hopkins, Colin O'Donoghue)

"The Rite" follows skeptical seminary student Michael Kovak, who reluctantly attends exorcism school at the Vatican. While he's in Rome, Michael meets an unorthodox priest, Father Lucas, who introduces him to the darker side of his faith, uncovering the devil's reach even to one of the holiest places on Earth.

Rated PG-13 (language, brief nudity/ sexuality, some violence and a drug reference) 130 min .

No Strings Attached

Friday— 7 p.m.

Saturday — 4 p.m.

(Natalie Portman, Askton Kutcher)

Emma and Adam are life-long friends who almost ruin everything by having sex one morning. In order to protect their friendship, they make a pact to keep their relationship strictly "no strings attached." "No strings" means no jealousy, no expectations, no

fighting, no flowers, no baby voices. It means they can do whatever they want, whenever they want, in whatever public place they want, as long as they don't fall in love. The question becomes -- who's going to fall first? And can their friendship survive?

Rate R (sexual content, language and some drug material) 108 min

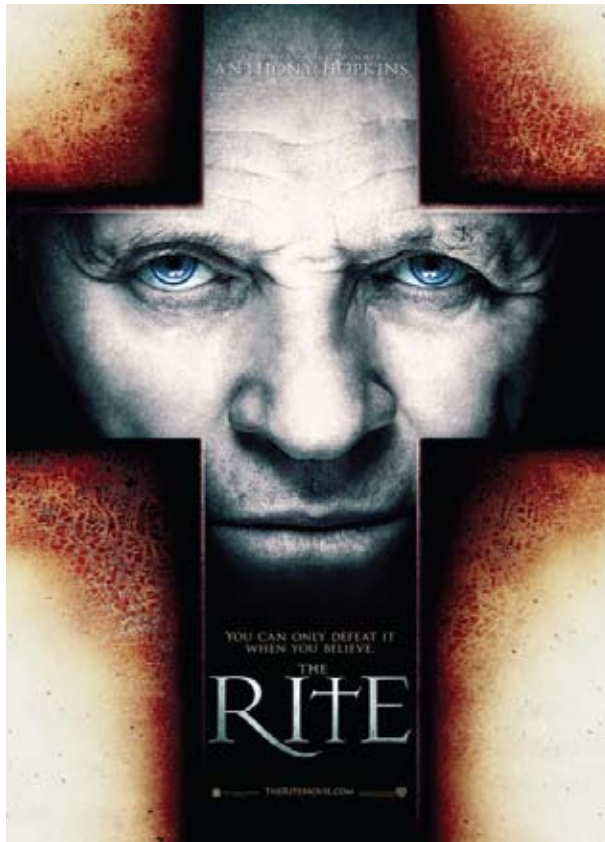
Sanctum

Saturday — 7 p.m.

(Alice Parkinson, Richard Roxburgh)

Master diver Frank McGuire has explored the South Pacific's Esa-ala Caves for months. But when his exit is cut off in a flash flood, Frank's team - including 17-year-old son Josh and financier Carl Hurley - are forced to radically alter plans. With dwindling supplies, the crew must navigate an underwater labyrinth to make it out. Soon, they are confronted with the unavoidable question: Can they survive, or will they be trapped forever?

Rated R (language, some violence and disturbing images) 108 min



Films are subject to availability. AAFES strives to show films according to the published schedule but reserves the right to reschedule, cancel or substitute showings as needed. For more information, call 912-767-3069 or go to www.aafes.com/ems/conus/stewart.htm.

For more information,
visit **Task Force Marne**
online at

**www.
stewart.
army.mil**
**Team
Stewart**

**Task
Force
Marne**

**www.
stewart.
army.
mil/tfm/
homepage**

share your
comments at
**www.twitter.com/
3rdIDMediaTeam**



Club Stewart's

Pasta Night

Enjoy a variety of *pastas and sauces, a fresh garden salad, garlic bread and the Chef's special dessert* 5 to 8 p.m., every Wednesday at Club Stewart. The cost is just \$7.95 per adult and half-price for children ages 5 to 10. No charge for children 4 and under.

For more information, call 912-368-2212.

Don't feel like
dining out?

Take advantage of

"Pasta Go Go"

Enjoy a complete meal
for four, only \$24.95.

Call ahead and we'll
have it ready.

Military schools celebrate literacy

Seraine Page
Frontline Contributor

There are places to go and people to see, something Dr. Seuss preached in his books, which were read by guests at schools around the country during “Read Across America,” a March 2 tribute to literacy on what would have been Seuss’ 106th birthday.

Sticky s’mores and silly stories were enjoyed in the library at Brittin Elementary March 7 as students sat around a tissue paper and cardboard campfire and listened to a guest reader who stopped by to support the nationwide initiative designed to promote reading.

Brigadier General Jeffrey Phillips, deputy commander, 3rd Infantry Division, visited a second-grade class in the jungle-themed library and read “Oh, the Places You’ll Go!” by the famed children’s author. He started with his own fabricated campfire-like story, about how his grandfather became friends with a trout he found in a puddle in the middle of the road.

Brigadier General Phillips told the children that the two became tight, and eventually the trout moved in with his grand-



Seraine Page

Sergeant Major Robert McRae reads to Crystal Bruneau’s second-grade class in the jungle-themed library at Brittin Elementary as part of the “Read Across America” initiative.

father. The fish later drowned in the same puddle, Brig. Gen. Phillips told the students.

Once Brig. Gen. Phillips ended his own story, he pulled out Seuss’ classic book and students scooted closer to the general, eager to see the colorful pictures and hear the story. He asked questions

throughout the book and called on students to define various words in their own terms.

According to second-grade teacher Nancy Cintron, Brig. Gen. Phillips has taken several field trips with the class, an indicator to her that he is a proponent of good education.

“I think one of the things we have to do is we have to let kids see that reading is fun,” Cintron said. “The kids have really enjoyed the theme [this week].”

When students entered, the normally quiet library filled with the sounds of crickets and whispers of campfire stories. Army cots were filled with books of all shapes, colors and sizes and oversized tents occupied usually empty floor space reserved for readers to sit with books on their laps. Students had opportunities to sit in small wooden chairs and tell a “campfire story” to their peers while waiting for Brig. Gen. Phillips to arrive.

Sergeant Major Robert McRae also volunteered his time to read “The Butter Battle Book” by Seuss. He sat on the floor, surrounded by students who wanted to know more about the character who was taken out to the wall by his grandfather.

“I just got such a kick out of it last year and I couldn’t wait to do it again this year,” Sgt. Maj. McRae said of reading to students. “With the state of the economy, I think education is key. It starts with our youth ... it’s going to be important to our country in the future.”

BONDS

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“I had some weird visions about what it was going to be like being held at the chapel, you know starting out at the chapel,” 2nd Lt. Ferguson said. “I thought it would be like a confession and holding hands kind of thing and everybody telling their problems.”

One of the many workshops planned throughout the three-day retreat began after the icebreaker. Videos produced by Mark Gungor, author of the book “Laugh Your Way to a Better Marriage,” among other pamphlets and training tools, were used as a part of the curriculum throughout the retreat. Gungor’s seminars were used to help spouses get a better understanding of self and spouse during the retreat, Chap. Olson explained.

“They (retreats) are both informative and they also offer an opportunity for couples to get away

and just enjoy each other,” Chap. Olson said. “It’s a win-win because it doesn’t come out of anyone’s (brigade, unit) training budget.”

In addition to the initial workshops, couples were then released to make their way down to the Sawgrass Marriott Resort and Spa in Ponte Verde, Fla., for the remaining days of the retreat. Upon arriving, Families and couples converged into the Chaplain Corps sponsored villas located on the property to prepare for the next set of workshops later that evening. With childcare on site, parents were able to sit back and bask in the company of one another during the sessions, while learning skills about how to positively communicate with one another.

Meals were provided throughout the retreat, leaving Soldiers and their spouses the opportunity to sit back, relax and reconnect.

Master Sergeant Manuel Paulino, 3/69 Armor, a native of Portugal, along with his wife Cresilda and 21-month-old daughter Natalie, said they came to the retreat to spend quality time together after his year-long deployment to Iraq.

“Even though our relationship is good, there is always room to make it better,” he said. “After a year of being gone, I realized that she is doing a lot with the baby, and I just need to do my fair share.”

Above all, most in attendance seemed to enjoy the retreat and many had plans to sign up for yet another stress-free, fun-filled weekend away from post in the near future.

The unit-based, chaplain-led program has been in existence since 1997. Since then, the program has held more than 1,300 training events and more than 30,000 couples have been trained.

READ

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One student already has learned the joy of reading. Isabelle Beauchamp, 11, is a 5th grader at Diamond Elementary. She estimates she has read more than 500 books.

“Reading is something I love to do,” she said. “I read almost every book I can

get my hands on. Usually, I read the book first before I see the movie. Reading is like having a little TV in my head.”

Beauchamp added that she does other fun things, like play video games, but she always finds time to read.

“I think reading is really important,”

she said. “It helps your vocabulary, it helps you to understand words; reading does so much. It’s just a fun thing to do. Before bed you can read. It’s just a really good thing.”

Diamond Elementary celebrated Dr. Seuss and Read Across America week in

many different ways.

One day, the students were served green eggs and ham for lunch. Students also had the opportunity to dress up as their favorite literary character. People from the community also had the chance to come in and read to students.



Let God upgrade you

Chap. (Capt.) Deborah A. Brown
Winn Army Community Hospital Chaplain

*For promotion cometh neither from the east, nor from the west nor from the south. But God is the judge: he putteth down one, and setteth up another. **Psalm 75:5-6 (KJV)***

I must admit, I like upgrades whether it's a cellular phone, computer, automobile, or an airline ticket. Let's consider the example of an airline ticket that permits you to go from coach to first class. What are the arrangements that come with that?

First, the flight attendant caters to your needs. Secondly, they offer you free food to enjoy. Lastly, the seats have more room.

Also consider the upgrades with a new car. Your new car might be fully loaded and have many more features than your old car.

Well God believes in upgrades too! He wants us to grow and not stay where we are today. God desires

for us to learn from our experiences, so we can be in position of influence and authority. However, he yearns for us to give him the glory, the honor and praise when he blesses us.

Influential Christians are needed in positions that inspire us, and mentor others by showing God's love. Are you prepared, willing, and able? If so, God can and will move on your behalf. He is not going to set you up for failure! He wants you to succeed! Are you ready to be upgraded?

It starts by building bridges and not walls. This is done by exercising your faith. **Hebrews 11:1** says, *Now faith is the substance of things hoped for and the evidence of things not seen.* In the same chapter, **Hebrews 11:6** tells us, *For without faith it's impossible to please Him.* So how does this apply to being "upgraded?"

Well, you have to possess something in order to turn something in. In other words, you must occupy an airline ticket in order to upgrade it from coach

to first class. God needs you to utilize your faith in Him in order for Him to upgrade your current position. The position I am referring to is not limited to just your rank or status. It goes deeper than that!

Your current position can be referred to as your mental, physical, emotional, or spiritual state as well. God's ready when you are! Let go of the old and in with the new.

Carol Mackey once stated in her devotional writing, "Just because you're down doesn't mean that you're out, and best of all, it doesn't mean that your situation will last forever."

If you've experienced a loss of any kind – material possession, a relationship, or a job – know that God will be there to comfort you through the process of healing.

He is a replenisher, and whatever you've lost, he can restore. It's his pleasure to bless us, and it's our job to have faith. Therefore, let God upgrade you.

Be blessed!

Chapel Schedule		
Fort Stewart		
Catholic	Location	Time
Sunday Mass	Main Post Chapel	9 a.m.
Protestant		
Contemporary Worship	Marne Chapel	11 a.m.
Gospel Worship	Main Post Chapel	11 a.m.
Traditional Worship	Marne Chapel	9 a.m.
Liturgical Worship	Heritage Chapel	10 a.m.
Kids' Church	Main Post Chapel	11 a.m.
PWOC (Wednesday)	Main Post Chapel	9:30 a.m.
Islamic Prayer	Main Post Chapel	
Jewish Prayer	Marne Chappel	
Hunter Army Airfield		
Catholic		
Sunday Mass	Hunter Chapel	11:15 a.m.
Weekday (M,W,F) Mass	Hunter Chapel	11:45 a.m.
Protestant		
Sunday Service	Hunter Chapel	9 a.m.
Kids' Church	Hunter Chapel	9 a.m.

Kid's Church at Main Post Chapel

11 a.m. to noon

Bus Pick-up at Marne Chapel
10:50 a.m.

For children grades K-5

For more information contact
Mrs. Bolton at 912-767-8801.

All children must be registered prior to
attending Kid's Church.

Fort Stewart Chapel Youth Ministry

Fort Stewart Youth Ministry exists to share "Biblical Truth" with middle and high school age youth, to disciple them in the Christian faith, and to equip them for lives of Christian service.

For weekly meeting information, go to www.twitter.com/ftstewartyouth or contact Michael Iliff, Fort Stewart Youth Ministry Coordinator at 912-813-9789.

Weekday Catholic Schedule

Roman Catholic Daily Mass:
Main Post Chapel, 11:45 a.m., on Mon., Wed.-Fri.

Roman Catholic Confession:
Main Post Chapel, 4 – 4:30 p.m., Saturday

Coastal Happenings

Get your Georgia park passes

Georgia state parks and historic sites are making it easier than ever for patrons to “Get Out. Get Dirty. Get Fit.” in the state’s great outdoors.

Live Oak Public Libraries customers with valid Power Cards can now borrow a Georgia state park “Park Pass and Historic Site Pass”. The passes are good for free parking or admission at any of the 63 parks and historic sites statewide.

Come out to Gary Guyton Sports Camp

Enjoy a free Hinesville Sports Camp Saturday by New England Patriots and Hinesville son, Gary Guyton. This is his opportunity to give back to the kids in the community and features activities for boys and girls alike. The camps are being assisted by Michael Johnson (Cincinnati Bengals), Daryl Richards (New England Patriots), and other NFL players. Special awards will be given to campers that achieve A-B honor roll status. This will be an experience they will remember forever!

Saturday
9 a.m. Free youth football and cheer camps (Grades 1-6)
Noon. Free varsity skills football camp with the pros
2 p.m. Free NCAA eligibility for parents by Georgia Tech
2:30 p.m. Free NCAA eligibility for students by Georgia Tech
The camps will be held at Bradwell Institute and enrollments are limited, first come basis. Participants will have opportunities to
get autographs and take pictures with the NFL celebrities.
Go to www.GaryGuyton.com to register and for more information.

Original production coming to Hinesville

The Liberty Theatre Company, in conjunction with the Hinesville Area Arts Council, will perform “Pieces of Home,” Saturday at the Liberty Performing Arts Center in Flemington. The show will begin at 7:30 p.m. Advanced tickets can be purchased for \$10 at www.hinesvillearts.com or by going to the Hinesville Downtown Development Authority (inside the old jail on Main Street) or the Liberty County Chamber of Commerce (on the corner of Ryon Avenue and Hwy 84). For more information, call 912-368-4456.

Come out for the literary festival

The Ladies of the Dove Literary Festival is Saturday, 10 a.m. to 5 p.m. at Bradwell Institute in Hinesville.

This is a free event featuring a wide range of national as well as local authors and vendors. Cash prizes will also be given for the Ladies of the Dove annual essay writing contest. Visit www.chipizeta.org for more information.

Join the Georgia run, walk

Community members are encouraged to remember our fallen sons and daughters at the 2011 Fallen Heroes of Georgia 10K, 5K, 1K Memorial Run/Walk, March 19 at Lake Lanier Islands Resort, 7000 Lanier Islands Parkway, Buford, Ga.

This annual event is held in honor of the American Soldiers from Georgia, who made the ultimate sacrifice in the defense of our freedoms in Iraq and Afghanistan since September 11, 2001. The event includes three activities: a non-timed 1K race that starts at 8:15 a.m.; chip timed 5K that starts at 8 a.m.; and the 10K chip timed Peachtree Qualifier that starts at 8:10 a.m. For more information, visit www.fallenheroesofgeorgia.com for more information.

Enjoy 4-H military Family weekend

The annual 4-H Military Family Weekend at Rock Eagle 4-H Center is scheduled for March 19-20.

The weekend will be full of fun, exciting, and educational classes and activities, as well as a Clovers and Company performance and the annual Clovers and Camo 5K and Fun Run.

Drop in for the day or choose to spend the night. Enjoy activities for the entire Family.

Register by Friday to guarantee your Family a spot. Lodging may be limited if interest exceeds capacity. Please note that Families residing in Georgia and/or serving a unit based in Georgia will receive first priority in attending the Georgia 4-H Military Family Weekend.

For more information, call Marcus Eason, 706-542-4444.

5K run, walk planned for Helen's Haven

The Fraser Counseling Center will host a 5K Run/Walk, April 2, to benefit Helen’s Haven Children’s Advocacy Center. The Center’s mission is to meet the needs of sexually and physically abused children through prevention, intervention, therapy, and collaboration. For more information, contact Yolanda Parham at 912-369-7777.

Farmers Market ready for vendors

The Hinesville Downtown Farmers Market is now accepting vendor applications for its 2011 season. Fresh local produce and agricultural items, plants/

floral, baked goods, specialty foods, prepared foods, and original crafts will be featured at the market.

The market is held on East Commerce Street in downtown Hinesville each Thursday, starting May 5 through October 27.

Vendors taking advantage of the early-bird registration by April 1 will receive a reduced seasonal fee of \$150 for general vendors and \$225 for prepared food vendors. After April 1, the regular fee of \$200 for general vendors and \$275 for prepared food vendors will be charged. In addition to seasonal vendors, anyone planning to participate on a weekly basis is encouraged to submit an application at this time.

For applications or more information, please contact Zach Claxton at 912-877-4332 or email discoveredowntown@coastalnow.net or visit www.hinesvilledowntown.com.

Get ready for April Vidalia Onion festival

Come and enjoy the 34th annual Vidalia Onion Festival, April 28-May 1. There is something for all ages to include: fireworks, arts and crafts and an air show. Performing live on stage will be Kellie Pickler and Tracy Lawrence. Gates will open by 4 p.m. each day. For more information, and advanced ticket purchase visit vidaliaonionfestival.com.

\$100K prize for coast solution

The Savannah Ocean Exchange Board of Governors announces a call for submissions for the first annual \$100,000 Gulfstream Navigator Award. The award will recognize the business, organization or individual with the best currently operational technology or solution that improves the world’s coasts. Applications may be submitted online at www.savannahoceanexchange.org, until June 1.

Global submissions will be reviewed by a panel assembled by Dr. Nancy Knowlton, Sant chair for Marine Sciences at the Smithsonian’s National Museum of Natural History. The top 10 entries will be judged by the 27 members of the Savannah Ocean Exchange’s Board of Governors, along with a panel of international experts. The most promising solution will be awarded the \$100,000 Gulfstream Navigator Award at the Solutions Exchange gala, Sept. 8, in Savannah.

The winning technology/solution will drive sustainable change; improve ecological, economic and global connectivity; and respect the unique cultural sense of place of coastal communities. The Savannah Ocean Exchange’s Board of Governors and a panel of experts will work together for 12 months to implement the winning idea.



Fort Stewart's Bass Tournament

March 19 at Pond 1
6:30 a.m. to 11 a.m.

Try your luck and test your skills during the Bass Tournament (total weight, five-fish maximum), which will launch at safe light about 6:30 a.m. and continue until the weigh-in at 11 a.m. March 19 at Pond 1, Pineview Lake on Fort Stewart.

Registration is being accepted at the Stewart and Hunter Pass and Permit Offices.

The Stewart office is in building 8093. The Hunter office is in building 1286.

Early bird registration, through March 10, is \$15 for active duty Soldiers, retirees and their Family Members and youth 16 and younger. The civilian community fee is \$25.

Registration from March 11-18 is \$20 for active duty Soldiers, retirees and their Family Members and youth 16 and younger. The civilian community fee March 11-18 is \$30.

Late registration, from 5:30-7 a.m. March 19, is \$30 for active duty Soldiers, retirees and their Family Members and youth 16 and younger. The civilian community fee is \$40.

For more information, contact the Pass and Permit offices at: Stewart 912-435-8061 | Hunter 912-315-5163



Small World Festival

"An International Cultural Celebrations"
Bradwell Park/Downtown Hinesville
Saturday, May 14 • 11 a.m. - 6 p.m.

Contact 912-877-4332 or discoveredowntown@coastalnow.net for more information

WINN-ING your way to HEALTH

March is National Nutrition Month

Learn how to prepare healthy snacks for
your infant or toddler



March 24 • 9 -10:30 a.m.
Fort Stewart Youth Services,
building 7338

If you plan to attend and are bringing children to
this event, confirm no later than Friday by contacting
EDIS at 912-435-6349 or 912-435-6370.

Special Deliveries

Provided by Winn Army Community Hospital

February 24

Zariah LouAnn Morris, a girl, 7 pounds, 12 ounces, born to Cpl. Christopher Morris and Pfc. Shandama Ray Donley.

March 1

Karter William Emmett Ray Shuskey, a boy, 8 pounds, 8 ounces, born to Sgt. Shaun Kristopher Shuskey and Mary Sue Ann Shuskey.

Zion Amari Wicker, a boy, 7 pounds, 13 ounces, born to Spc. Alexis B. Wicker.

Dominic Isaiah Wagle, a boy, 6 pounds, 4 ounces, and **Eli Xavier Wagle**, a boy, 5 pounds, 7 ounces, born to Spc. Ronald Wagle and Ruby Wagle.

March 3

Layla Annie Adrian, a girl, 4 pounds, 15 ounces, born to Spc. Michael Adrian and Carrie Adrian.

Kendrick Kamani Wright, a boy, 8 pounds, 4 ounces, born to Mr. Kishaun Wright and Spc. Christine Lee-Green.

March 5

Jalen Kemaury Witherspoon, a boy, 7 pounds, 2 ounces, born to Sgt. Darryl Witherspoon and Spc. Yalanda Witherspoon.

National Nutrition Month: Replenishing nutrients lost during exercise

Maj. Vancil McNulty

Physical Therapy Staff Officer

US Army Public Health Command (Provisional)

The old saying “you are what you eat” was popularized (but not originated) by an English nutritionist named Dr. Victor Lindlahr, who published a book in the 1940s called “You Are What You Eat: How to Win and Keep Health with Diet.”

Lindlahr was a strong believer in the idea that food controls health. The last 70 years of nutrition research has provided ample evidence that Lindlahr was right—good nutrition has a profound positive influence on our health. We also now understand how important “recovery” nutrition is for athletes and how it plays a role in the prevention of injury.

Strenuous exercise such as endurance running, sprinting, or resistance training deplete energy (muscle glycogen stores) and cause muscle damage. If depleted energy is not replaced and muscle damage not repaired adequately, injury and reduced physical performance will occur.

Studies of women who exercise show a negative energy balance is a risk factor for stress fractures of the bone. While both civilian and military research have proven that consuming foods that restore energy balance overcomes fatigue, minimizes muscle damage, promotes recovery and protects against heat injury, the timing of the nutritional intervention is critical.

Research shows that consuming a combination of carbohydrates and protein within a 60-minute window immediately following very strenuous exercise initiates

repair of muscles damaged during the activity and begins the replenishment of muscle energy stores. In fact this is the only recommendation from the Joint Physical Training Injury Prevention Work Group related to nutrition and its effect in the prevention of musculoskeletal injury. During this time, the body is primed for rebuilding what was used or broken down during the exercise. If the nutrients are consumed more than 60 minutes after the end of the exercise bout, the body is less able to absorb the nutrients, thus diminishing the rate of recovery.

After an hour of exercise, the ideal balance of nutrients needed to allow for the most rapid replenishment of muscle glycogen to optimize and accelerate the recovery process is roughly 12 to 18 grams of protein and 50 to 75 grams of carbohydrate (a ratio of 1 gram of protein for every 4 grams of carbohydrate).

The U.S. Army Public Health Command (Provisional) focuses on promoting health and preventing disease, injury and disability in Soldiers and military retirees, their Families, and Army Civilian employees. As well, when it reaches full operational capability in October 2011, the USAPHC will oversee effective execution of full-spectrum veterinary services throughout the DOD. The USAPHC (Prov) was created from the merger of the U.S. Army Center for Health Promotion and Preventive Medicine and the U.S. Army Veterinary Command.

So, don't forget to replenish the nutrients lost during your workout by eating right, giving back to your body, and stretching, as to prevent potential injury. Contact your nutritionist for ways to improve your nutrient intake for an optimal workout!



DFMWR Briefs

Dress up for Book Lover's Ball

Youngsters in grades 1-5 who are registered with Child, Youth and School Services are invited to dress up as their favorite book character for the Book Lover's Ball from 7-10 p.m. Friday at School Age Services, building 6571.

Parents have volunteered to read to the children. Children can win a prize for their costume. First, second and third-place costume prizes will be offered in three age categories: first and second grade; third and fourth grade and fifth graders.

A deejay will play music for the children to dance. Other activities will include games, coloring for the younger children and a word search program for the older children.

The event is part of the CYSS's Read Across America month observance.

Light refreshments will be served.
For more information, call 912-767 2635.

Free pass for Girl Scouts at Corkan

Girl Scouts who wear their uniform will be given one free game/admission at any Corkan Family Recreation facilities all day Saturday. It is Corkan's way of joining the scouts in celebrating the anniversary of their founding. For more information, call 912-767-4273.

Bowl the day away at Hunter Lanes

Hunter Lanes Bowling Center, building 1280, is honoring youth with prices of \$1.75 per game/person and \$1.75 shoe rental from 5-9 p.m. Saturday. Come on out and share the fun with your friends while you listen to music. For more information, call 912-315-6279.

Dance aerobics offered

Registration is under way for a Dance Aerobics class for youth between the ages of 10 and 18. The class will be at Jordan Youth Gym every Wednesday and Friday from 6-7 p.m. and parents are encouraged to participate along with their child.

There is no charge for the class, for which registration will close April 13.

Dance Aerobics is designed, through dance movement, to strengthen the body and help participants lose weight and build muscles.

The program will run twice a week for six weeks. It will consist of a 10-minute warm-up followed by 25 minutes of dance aerobics, then a 15-minute cool down. Music will be of different genres ranging from jazz to hip-hop.

For more information, call 912-767-2815

Thunder Run delights Leprechauns

The staff at Thunder Run in Club Stewart wants to make St. Patrick's Day, March 17, a special one for its customers. Enjoy a half-Reuben sandwich with a choice of fries or side salad, Key lime pie and a drink for \$7.95.

Not hungry for the special? Our regular buffet and a la carte menu also are available that day. For more

information, call 912-368-2212.

March Madness challenges youth

Youth ages 8-17 are invited to be a part of the March Madness Basketball Challenge from 1-5 p.m. March 19 at Jordan Youth Gym, building 608. There's no charge.

The challenge will include a two-ball competition, three-point shoot-out, game of knockout, a dunk contest and skills challenge for first place prizes.

In addition, there will be door prizes and free food.

For more information, call 912-767-5079.

Power lifting competition scheduled

The Big Lift Power Lifting Competition, offering competitors the chance to compete in three lifts with others in their weight class, will be held at the Newman Fitness Center starting at 10 a.m., March 19.

The power lifting competition will consist of three lifts: squat, bench press and dead lift. Lifters will compete for trophies in their particular weight class.

Would-be champions can register until the day of the event. The late registration fee, now in effect, is \$15. For more information, call 912-767-3031/9336.

Toss a line in the Bass Tournament

Try your luck and test your skills during the Bass Tournament (total weight, five-fish maximum), which will launch at safe light about 6:30 a.m. and continue until the weigh-in at 11 a.m. March 19 at Pond 1, Pineview Lake on Fort Stewart.

Registration is being accepted at the Stewart and Hunter Pass and Permit Offices. The Stewart office is in building 8093 and the phone number is 912-435-8061. The Hunter office is in building 1286 and the phone number is 912-315-5163.

Registration through March 18 is \$20 for active duty Soldiers, retirees and their Family Members and youth 16 and younger. The civilian community fee through March 18 is \$30.

Late registration, from 5:30-7 a.m. March 19, is \$30 for active duty Soldiers, retirees, Family Members, and youth 16 and younger. The civilian community fee on the day of the event is \$40.

Register for Cumberland Island Trip

The CYSS registered youth will travel to Cumberland Island Seashore from 6:30 a.m.-5:30 p.m. March 26. The great barrier island off the Georgia coast is known for its wild ponies, pristine beaches and forests, Dungeness Castle and First African Baptist Church.

The trip is designed for CYSS registered youth (grades 4-12) to learn more about their surroundings and meet new friends. Registration continues through March 24.

The fee of \$10 includes transportation, ferry crossing and child supervision.

Tickets can be purchased at Parent Central Services, 912-767-2312 (Stewart) or 912-315-5425 (Hunter). No refunds granted after March 24 and a \$5 cancellation fee will be applied after March 24 or for no-shows.

Call the School Liaison Office for details. The number is 912-767-6533 at Stewart and 912-315-6586 at Hunter.

Families in Training sign-up under way

Registration is under way for Families in Training, a six-week program at Tominac Fitness Center that develops and maintains physical activity and fitness.

This program allows Family Members to exercise individually or as a team. There's no charge, but registration will close on March 28.

Tominac is in building 919 at Hunter Army Airfield.

For more information, call 912-315-5851.

Great MWR Yard Sale planned

Now's a good time to start cleaning up and organizing your stuff, because the Great MWR Yard Sale is coming to Fort Stewart and Hunter Army Airfield from 8 a.m. until 2 p.m. April 16. Registration began March 1.

The Great MWR Yard Sale will be held at homes in post housing areas at Stewart and Hunter, as well as the Club Stewart, building 405, and Hunter Credit Union parking lots.

Active duty, Family Members, retirees, National Guard and Army Civilians may sell. The cost to sell is \$5 per space at the parking lot. There is no charge for on-post housing sellers, but they must register. The public is invited to purchase items at the sale.

All sellers must sign up at the Sports Office, building 471 on Fort Stewart, or Tominac Fitness Center, building 919 at Hunter. For more information, call 912-767-8238 at Stewart or 912-315-2019 at Hunter. Registration ends April 14.

Museum of science, history trip planned

Register by March 31 for a Leisure Travel trip to the Museum of Science and History in Jacksonville, Fla., on April 2.

The \$20 per person cost includes admission and the science and animal shows. A planetarium show is an extra \$5 for the first program and \$1 for each additional program. For details, call 912-767-2841 at Stewart or 912-315-3674 at Hunter.

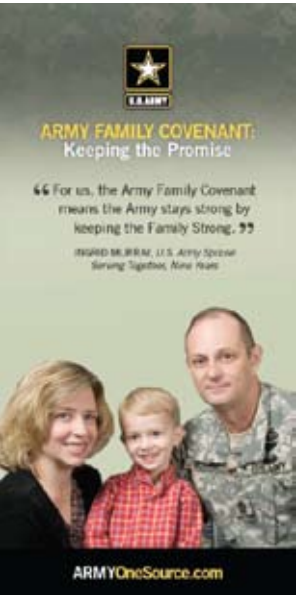
Outdoor wildlife jamboree planned

An Outdoor Wildlife Jamboree will be held from 8:30 a.m. to 2 p.m., April 1 at Holbrook Pond Recreation Area for CYSS youth in grades 5-12.

April 1 is the first day of a month-long observance of the Month of the Military Child.

The Jamboree provides an opportunity for military connected youth to gain better appreciation of various endangered species and wildlife indigenous to coastal Georgia. There is no charge. Transportation and cookout are provided.

Youth can register by March 30 at Parent Central Services, building CT0029. The phone number is 912-767-2312. For additional details, call the School Liaison Office at 912-767-6533.



Army Community Service



ACS calendar of classes, newsletter online

The January-March calendar of classes is available for online registration. Also, check out great tips and articles in the ACS January-March Newsletter. Simply go to the Team Stewart Web site: www.stewart.army.mil/DMWR/acs. For more information, call 912-767-5058.

Free classes offered at Stewart

Thursdays, 9-11:30 a.m.: Outreach Family Orientation (Soldier Service Center, building 253)

Thursdays, 1-2 p.m.: Newcomer's Windshield Bus Tour (Soldier Service Center, building 253)

Friday, 8:30 a.m.-12:30 p.m.: Resiliency Training for Family Members- Building Stronger Relationships, Module 4, Unit 2 (ACS, building 87)

Friday, 9 a.m.-12 p.m.: Risk Management for Senior Leaders (ACS, building 82)

Monday, 9 a.m.-3 p.m.: Check Yourself Before You Wreck Yourself/Key to Managing Stress (ACS, building 82)

Monday, 10-11:30 a.m.: Volunteer Management Training- VMIS Workshop (Soldier Service Center, building 253)

Monday, 6-8 p.m.: EFMP Meet, Greet, Roll & Bowl (Marne Lanes)

Tuesday, 9-11 a.m.: Before Baby Arrives (ACS, building 82)

Tuesday, 10 a.m.-2 p.m.: Outreach Create & Connect Quilting Group Meeting (Soldier Service Center, building 253)

Tuesday, 1-3 p.m.: Resume Writing Workshop (ACS, building 86)

Tuesday, 2-4 p.m.: Infant Care (ACS, building 82)

Tuesday, 6-8 p.m.: Families in Action (ACS, building 82)

March 9, 9-11 a.m.: The Five Love Languages (ACS, building 82)

March 9, 9-11 a.m.: Keeping Your Bank Account in Check (ACS, building 86)

March 9, 9-11:30 a.m.: Families Achieving Communication Tactics for Success (F.A.C.T.S.) Workshop- Getting Your Message Across (ACS, building 87)

March 9, 1-3:30 p.m.: FRG Leader & Treasurer Course for commanders/First Sergeants (ACS, building 87)

March 9, 2-4 p.m.: Fly Lady- Organizational Guru (ACS, building 82)

March 9, 2-4 p.m.: Infant Massage (ACS, building 82)

March 10, 9-11 a.m.: 10 Tools for Your Parenting Toolbox- Multiple Ways to Parent (ACS, building 82)

March 10, 9 a.m.-3:30 p.m.: Advanced FRG Training (ACS, building 87)

March 10, 1:30-3:30 p.m.: Financial Planning for PCS (Soldier Service Center, building 253)

March 10, 2-4 p.m.: Chasing Toddlers (ACS, building 82)

March 10, 6-7:30 p.m.: ERMP Hearing & Vision Loss Seminar (ACS, building 86)

Free Classes offered at Hunter

Thursdays, 1-2 p.m.: Newcomer's Windshield Bus Tour (ACS, building 1286)

Tuesdays, 10-11:30 a.m.: Play Morning (CYSS Youth Services, building 8805)

Monday, 1:30-4:30 p.m.: Resiliency Training for Family Members- Building Mental Toughness, Module 2, Units 6 & 7 (ACS, building 1286)

Tuesday, 9-11 a.m.: Resume Writing Workshop (ACS, building 1286)

Tuesday, 9-11 a.m.: 10 Tools for Your Parenting Toolbox- Multiple Ways to Parent (ACS, building 1286)

Tuesday, 2-4 p.m.: Chasing Toddlers (ACS, building 1286)

Tuesday, 2-4 p.m.: Infant Massage (ACS, building 1286)

March 2, 1-2 p.m.: Korea Overseas Briefing (ACS, building 1286)

March 2, 2:30-3:30 p.m.: Germany Overseas Briefing (ACS, building 1286)

March 3, 9 a.m.-12 p.m.: FRG Leader & Treasurer Course for Commanders/1st Sergeants (ACS, building 1286)

March 7, 9 a.m.-3 p.m.: Check Yourself Before You Wreck Yourself/Key to Managing Stress (ACS, building 1286)

March 7, 1:30-4:30 p.m.: Resiliency Training for Family Members- Building Character Strengths, Module 3, Unit 1 (ACS, building 1286)

AER Campaign begins

The Fort Stewart-Hunter Army Airfield community kicked off the 2011 Army Emergency Relief Fundraising Campaign which will run March 1-May 15. The AER provides interest-free loans or grants during times of emergency to active-duty Soldiers and retirees, single or married, and Family Members as well as surviving spouses and orphans of Soldiers who died while on active duty or after they have retired. This year's fundraising goal at Stewart-Hunter is \$200,000. To make a contribution to the Stewart-Hunter AER, please call (Stewart) 912-767-5058 or (Hunter) 912-315-6816.

Hearing, vision loss seminar slated

The Fort Stewart Exceptional Family Member Program will host a hearing and vision loss Seminar at ACS, building 86, from 6-7:30 p.m., March 10. A representative from Georgia Council for the Hearing Impaired, Inc., will discuss the disability as well as information that relates to EFMs and their Family Members. Space is limited, advance registration is required. For more information, call 912-767-5058.

Understanding insurance class offered

The Understanding Insurance class, at Stewart ACS, building 86, will be held 9-11 a.m., March 17. Learn about the different types of insurance, how to evaluate a policy, the differences between types of policies, and how to determine your actual insurance needs. For more information, call 912-767-5058.

FRG training scheduled for Stewart, Hunter

Stewart ACS will conduct the Advanced FRG Treasurer Training, covering rules and regulations that govern the FRG Information Fund and Supplemental FRG Funds, 9 a.m.-3:30 p.m., March 10 at building 87. The FRG Basic Course at Hunter, building 1286, includes an overview of the FRG, tasks during the deployment cycle, and more. For more information, call (Stewart) 912-767-5058 or (Hunter) 912-315-6816.

Learn how to retain volunteers

The Hunter ACS will conduct Volunteer Management Training- Retention and Recognition, building 1286, March 10, 9-10:30 a.m. Learn effective ways of retaining volunteers through positive feedback and recognition of their service. For more information, call 912-315-6816.

Volunteer spotlight!



Name: Gina Pino

Activity/Unit Volunteering for: 3 BSB, B Co Spouse's Unit: B Co., 3 BSB

Hometown: Albuquerque, New Mexico

Volunteer Title: FRG Member

Why do you volunteer? Volunteering provides me the opportunity to give back what has been given to me. Knowing that I've made a small difference, and to leave a positive impact on our community.